Substance Abuse and Mental Health Services Administration
DISASTER TECHNICAL ASSISTANCE CENTER

RESOURCE LIST

Cultural Competency

Prepared by the Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Technical Assistance Center (DTAC), ESI, under contract with the Emergency Mental Health and Traumatic Stress Services Branch, Center for Mental Health Services, SAMHSA.

Peer-Reviewed Journal Articles

Aderibigbe, Y.A., Bloch, R.M. and Pandurangi, A. (2003). Emotional and somatic distress in eastern North Carolina: Help-seeking behaviors. *International Journal of Social Psychiatry*. 49(2):126-41.

> A telephone survey within eastern North Carolina using random-digit dialing was used to determine the socio-demographic characteristics and ethnic differences in the types of support sought after a disaster within a rural community. African-Americans were more likely to seek support from clergy and use support groups than European-Americans.

Campo, A.E. (2001). Psychiatric consultation to schools on remote islands. *Child and Adolescent Psychiatric Clinics of North America*. 10(1):161-8.

> The authors describe collaboration between child psychologists, agencies, and community organizations in providing psychiatric support to schools on remote islands.

Dana, R.H. (2002). Mental health services for African Americans: A cultural/racial perspective. *Cultural Diversity in Ethnic Minority Psychology*. 8(1):3-18.

> The article discusses the cultural differences of treating African-Americans in an effort to improve services, explore the "cultural self," and provide a cultural/racial perspective. An assessment-intervention model is used to illustrate a culturally aware method of treatment.

Fothergil, A., Maestas, E.G., and Darlington, J.D. (1999). Race, ethnicity and disasters in the United States: A review of the literature. *Disasters*. 23(2): 156-73.

> This literature review examined issues of race and ethnicity in emergency response, recovery, and reconstruction. The authors discuss how different ethnic groups react to natural hazards risks and respond to warnings, and how groups are affected differently. The groups are presented in a matrix to reveal patterns of racial and ethnic inequalities in disaster response.

Peer-Reviewed Journal Articles (continued)

Jones, R.T., Frary, R., Cunningham, P., Weddle, J.D., and Kaiser, L. (2001). The psychological effects of Hurricane Andrew on ethnic minority and Caucasian children and adolescents: A case study. *Cultural Diversity and Ethnic Minority Psychology*. **7(1):103-8.**

> The study explores gender and racial differences regarding the impact of Hurricane Andrew on African-American, Caucasian, and Hispanic elementary and middle school children. Findings show higher levels of symptomatology for girls, and no differences among the racial groups. The study seeks to inspire future studies.

Kaniasty, K. and Norris, F.H. (2000). Help-seeking comfort and receiving social support: The role of ethnicity and context of need. *American Journal of Community Psychology*. **28(4):545-81.**

> The study assesses the correlation between comfort in seeking help and the subsequent amount of social support among Latinos, African-Americans, and European-Americans. Set within the context of Hurricane Andrew, an emergency setting, and a non-emergency setting two years later, the results indicate all groups had high levels of comfort and support in emergency situations, but in non-emergency situations, Latinos received the least support.

Lo, H.T. and Fung, K.P. (2003). Culturally competent psychotherapy. *Canadian Journal of Psychiatry*. **48(3):161-70.**

> The authors provide guidelines to therapists in generic and specific cultural competence to treat patients more effectively. Clinically relevant issues are discussed for each phase of psychotherapy, and the authors advocate using cultural analysis DSM-IV cultural formulation model in treatment. Several techniques and strategies to enhance clinician effectiveness are described.

Manoleas, P., Organista, K., Negron-Velasquez, G., and McCormick, K. (2000). Characteristics of Latino health clinicians: A preliminary examination. *Community Mental Health Journal*. **36(4):383-94.**

> This preliminary study explores the characteristics of experienced Latino psychotherapists, who serve predominately Latino clients, to determine elements of cultural competence in clinical interventions.

Marsella, A.J. (1993). Counseling and psychotherapy with Japanese Americans: Cross-cultural considerations. *American Journal of Orthopsychiatry*. **63(2):200-8.**

> This is a literature review of mental health services and issues for Japanese-Americans, with an emphasis on the effects of verbal and nonverbal factors in therapy. Traditional Japanese cultural values and behaviors are addressed.

Peer-Reviewed Journal Articles (continued)

Norris, F.H., Perilla, J.L., and Murphy, A.D. (2001). Postdisaster stress in the United States and Mexico: A cross-cultural test of the multicriterion conceptual model of posttraumatic stress disorder. *Journal of Abnormal Psychology.* **110(4):553-63.**

> This study measures and assesses posttraumatic stress disorder (PTSD) using the Revised Civilian Mississippi Scale on samples drawn from the United States after Hurricane Andrew and from Mexico after Hurricane Paulina. Although the study does not address the severity of symptoms, results indicate that PTSD should be examined further in Latin American societies.

Pedersen, P.B., Carter, R.T., and Ponterotto, J.G. (1996). The cultural context of psychology: Questions for accurate research and appropriate practice. *Cultural Diversity in Mental Health.* **2(3):205-16.**

> This article summarizes the August 1995 conference titled "The Cultural Context of Psychology." Subdivided into three areas: knowledge, skills, and awareness, the article provides topics for future research and discussion.

Pfefferbaum, B. (1997). Posttraumatic stress disorder in children: A review of the past 10 years. *Journal of the American Academy of Child and Adolescent Psychiatry.* **36(11):1503-11.**

> This is a literature review of posttraumatic stress disorder (PTSD) in children, specifically addressing factors such as comorbidity, gender, age, developmental level, cultural competence, and children's response to disaster. The author further summarizes the assessment, treatment, and clinical presentation of PTSD over the past decade, and addresses the lack of longitudinal research.

Salvendy, J.T. (1999). Ethnocultural considerations in group psychotherapy. *International Journal of Psychotherapy.* **49(4):429-64.**

> This is a literature review of cultural competency in group psychotherapy, specifying the socio-cultural elements specific to group therapy. The author recommends modifying the group therapy curriculum and providing cultural training for group therapists to create a culturally sensitive treatment program.

Schwab-Stone, M., Ruchkin, V., Vermeiren, R., and Leckman, P. (2001). Cultural considerations in the treatment of children and adolescents. Operationalizing the importance of culture in treatment. *Child and Adolescent Psychiatry Clinics of North America.* **10(4):729-43.**

> To effectively treat clients, therapists must constantly evaluate cultural constructs and differences within every context. The authors also warn that therapists should be careful of stereotypes.

Shalev, A.Y. (2000). Biological responses to disasters. *Psychiatric Quarterly.* **71(3):277-88.**

> This paper discusses the biological mechanisms that are triggered by stress, and how responses are shaped by biological, personal, and cultural factors. The author also describes how irreversible neuronal damage can result in those with traumatic stress disorders.

Peer-Reviewed Journal Articles (continued)

Sue, S. (1998). In search of cultural competence in psychotherapy and counseling. *American Psychology*. **53(4):440-8.**

> This article discusses whether a therapist of the same ethnicity as the client can provide more effective treatment; if clients who seek ethnic-targeted services have better outcomes in treatment; and how a cognitive match of client and therapist may correlate with the outcome.

Wallace, B.C. (1993). Cross-cultural counseling with the chemically dependent: Preparing for service delivery within a culture of violence. *Journal of Psychoactive Drugs*. **25(1):9-20.**

> This article discusses culturally competent treatment programs for group therapy. The author places society in a "culture of violence," and evaluates how chemically dependent minorities have been affected by personal and cultural traumas. Future research topics are suggested.

Warheit, G.J., Zimmerman, R.S., Khoury, E.L., Vega, W.A., and Gil, A.G. (1996). Disaster related stresses, depressive signs and symptoms, and suicidal ideation among a multi-racial/ethnic sample of adolescents: A longitudinal analysis. *Journal of Child Psychology and Psychiatry and Allied Disciplines*. **37(4):435-44.**

> This article presents the findings of a longitudinal study evaluating the relationship between disaster-related stress, suicide, and depression among a multi-ethnic sample of adolescents who experienced Hurricane Andrew. Results indicate that being female or of low socioeconomic status, having pre-existing depression, high stress, or poor family support all directly affect post-hurricane suicidal ideation.

SAMHSA and Other Publications

Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
The Role of Culture in Helping Children Recover from a Disaster

Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
Age-Specific Interventions at Home for Children in Trauma: From Preschool to Adolescence

SAMHSA's National Mental Health Information Center
Center for Mental Health Services
Cultural Competence in Serving Children and Adolescents With Mental Health Problems

SAMHSA's National Mental Health Information Center
Center for Mental Health Services
Cultural Competence Standards in Managed Care Mental Health Services: Four Underserved/Underrepresented Racial/Ethnic Groups

National Technical Assistance Center for State Mental Health Planning
Cultural Diversity Series: Meeting the Mental Health Needs of Persons Who Are Deaf

SAMHSA and Other Publications (continued)

National Technical Assistance Center for State Mental Health Planning
Cultural Diversity Series: Meeting the Mental Health Needs of Asian and Pacific Islander Americans

National Technical Assistance Center for State Mental Health Planning
Cultural Diversity Series: Creating Culturally Competent Mental Health Systems for Latinos: Perspectives from an Expert Panel

National Technical Assistance Center for State Mental Health Planning
Examples from the Field: Programmatic Efforts To Improve Cultural Competence in Mental Health Services

National Technical Assistance Center for State Mental Health Planning
Cultural Diversity Series: Meeting the Mental Health Needs of Gay, Lesbian, Bisexual and Transgender Persons

National Technical Assistance Center for State Mental Health Planning
Cultural Diversity Series: Meeting the Mental Health Needs of African Americans

State Program Materials

Texas Department of Mental Health and Mental Retardation
Disaster Assistance Training Program: Cultural Competency Powerpoint Training Materials